



CARA SWIM TEAM

CARA swimming is a recreational swim team for youth who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Age is determined by your child's age on Jan 1, 2015.

Pre-Requisite- 6-10 & 11-14 groups: Ability to swim one length of pool freestyle with rotary breathing and backstroke without stopping or using assistance.

Pre-Requisite- 11-18 group: knowledge of all 4 competitive strokes and swim 400 yards freestyle with rotary breathing. All participants will be evaluated on the first day of practice.

Centennial Tsunamis CARA:

Practice: Jan 6-Apr 28 *No practice 4/7-4/9
Days: Tuesdays & Thursdays
Parent Meeting: Jan 6, first 15 minutes of each practice
Meets: Feb 14 Windsor; Sat, Mar 14 Parkview;
Sun, Apr 26 Westminster

| Age Group | Time | Code | Fee(res/non-res) |
|-----------|-------------|-----------|-------------------|
| 6-9 yrs | 5:30-6:15pm | 121112.1A | \$100.75/\$125.75 |
| 8-10 yrs | 6:15-7pm | 121112.2A | \$100.75/\$125.75 |
| 11-14 yrs | 5:30-6:30pm | 121113.1A | \$105.50/\$131.75 |
| 11-18 yrs | 6:30-7:45pm | 121114.1A | \$108.50/\$135.75 |

Longmont Recreation Center CARA: The Piranhas

Practice: Jan 5-Apr 27 *No practice 4/6-4/8
Days: Mondays & Wednesdays
Parent Meeting: Jan 7, Wed, 5pm
Location: Longmont Recreation Center, 310 Quail Rd
Meets: Feb 14 Windsor; Sat, Mar 14 Parkview;
Sun, Apr 26 Westminster

| Age Group | Time | Code | Fee (res/non-res) |
|-----------|-------------|-----------|-------------------|
| 6-8 yrs | 4:15-5:00pm | 111112.1A | \$100.75/\$125.75 |
| 8-10yrs | 5:05-5:50pm | 111112.1B | \$100.75/\$125.75 |
| 9-14 yrs | 4:15-5:15pm | 111113.1A | \$105.50/\$131.75 |
| 9-14 yrs | 5:55-6:55pm | 111113.1B | \$105.50/\$131.75 |
| 10-16 yrs | 5:20-6:20pm | 111114.1A | \$105.50/\$131.75 |
| 11-18 yrs | 6:25-7:40pm | 111115.1A | \$108.50/\$135.75 |



OPEN KAYAK - NEW DAY & TIME!

Come to Centennial Pool to keep up with your rolls and braces. Why not take time to perfect your off-side roll or your hand roll? Please wash out all boats in the fenced in patio located on the South end of the pool prior to entering the water (hose provided). Register in advance with payment to secure your spot! Max 16 kayaks.

| | | |
|-------------|---------------------------------|-----------|
| Days/Times: | Saturdays, 4-6pm | |
| Dates: | Jan 10 | 121500.1A |
| | Jan 24 | 121500.1B |
| | Feb 7 | 121500.2A |
| | Feb 21 | 121500.2B |
| | Mar 7 | 221500.3A |
| | Mar 21 | 221500.3B |
| Location: | Centennial Pool, 1201 Alpine St | |
| Fee: | \$8 resident/ \$10 non-resident | |

DIVING LESSONS

Beginner: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach and basic front and back dives.

Intermediate: Pre-requisite: Successful completion of Beginner Diving or be able to perform a dive from the diving board with appropriate 4 step approach and back fall dive. Intermediates will work on flexibility, strength, and building diving skills.

Advanced: Pre-requisite: Must have successful completion of Intermediate Diving and have a willingness to try new dives. Learn inwards, reverse flips and twisting dives.

7 to 18 years: See charts for days/times
Location: Centennial Pool, 1201 Alpine St

Thursdays DIVE

| | Time Date | Ssn 1 1/8-2/26 | Ssn 2 3/5-4/30* | Fee res/nr |
|---------------------|--------------|-------------------|--------------------|---------------|
| Beginning | 5:30-6:15pm | 121325.1 | 221325.2 | \$48/ \$60 |
| Intermediate | 6:20-7:20pm | 121335.1 | 221335.2 | \$54/\$68 |

*no class 4/9

Sundays DIVE

| | Time Date | Ssn 1 1/4-2/15 | | Fee res/nr |
|---------------------|--------------|--------------------|--------------------|---------------|
| Beginning | 2-2:45pm | 121327.1 | | \$42/ \$53 |
| Intermediate | 2:50-3:50pm | 121337.1 | | \$48/\$60 |
| Advanced | 3:55-5:10pm | 121347.1 | | \$51/\$64 |
| | | Ssn 2 2/22-3/29 | Ssn 3 4/12-5/17 | Fee res/nr |
| Beginning | 2-2:45pm | 121327.2 | 221327.3 | \$36/\$45 |
| Intermediate | 2:50-3:50pm | 121337.2 | 221337.3 | \$41/\$51 |
| Advanced | 3:55-5:10pm | 121347.2 | 221347.3 | \$44/\$55 |

Adult Aquatic Programs

New! American Red Cross Adult Learn-to-Swim Classes

Adult Swim—Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke. Sidestroke can be introduced if desired.

Adult Swim—Improving Skills and Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

Both Adult Swim classes can be tailored to goals of the participants.

Centennial Pool - SATURDAYS

| | Time | Ssn 1 | Ssn 2 | Ssn 3 |
|-------------------------|--------------|-----------------|--------------|-----------------|
| | Date | 1/3-2/14 | 2/21-3/28 | 4/4-5/16 |
| | Fee | \$31.50/\$39.50 | \$27/\$33.75 | \$31.50/\$39.50 |
| Learning Basics | 9:20-10:05am | 120761.1A | 120761.2A | 220761.3A |
| Improving Skills | 8:30-9:15am | 120762.1A | 120762.2A | 220762.3A |

Longmont Recreation Center - SUNDAYS

| | Time | Ssn 1 | Ssn 2 | Ssn 3 |
|-------------------------|--------------|-----------------|--------------|--------------|
| | Date | 1/4-2/15 | 2/22-3/29 | 4/12-5/17 |
| | Fee | \$31.50/\$39.50 | \$27/\$33.75 | \$27/\$33.75 |
| Learning Basics | 8:30-9:15am | 110761.1A | 110761.2A | 210761.3A |
| Improving Skills | 9:20-10:05am | 110762.1A | 110762.2A | 210762.3A |

Save the Dates: Jan 18 • Winter Sprinter Swim Meet for Adults / May 31 • Longmont Triathlon
See pull out center calendar for more information

Masters Swimming

Improve your skills and stamina while using intervals, drills and distance swimming. This on-going program is recommended for adults who are comfortable swimming at least 1000 yards.

18 & up: Mon/Wed/ Fri, 6-7:15am; Sat, 6:45-8am
Location: Centennial Pool, 1201 Alpine St
Fee: Daily Admission

Swim Technique & Endurance Building for Adults

Pre-Requisite: 25 yards non-stop free-style, face in the water. Coach Robert provides individualized instruction to help you improve any part of your stroke. For adults and seniors looking to improve strokes, breathing, or endurance; to learn with other adults in a small group; or to prepare to join Masters Swimming. *No class 1/18 or 4/19

18 & up: Jan 4-Feb15*, Sun, 11am-12pm 120763.1A
Feb 22-Mar 29, Sun, 11am-12pm 120763.2A
Fee: \$36 resident/ \$45 non-resident
18 & up: Apr 12-May 17*, Sun, 11am-12pm 220763.3A
Fee: \$30 resident/\$37.50 non-resident
Location: Centennial Pool, 1201 Alpine St

SCUBA- Learn To Dive

Part 1- Learn To Dive. This two part course is a fun way to test the waters and learn basic scuba skills. Scuba equipment, diving science and basic diver rescue skills are learned, providing students all the necessary skills to complete the Open Water Scuba Diver certification (Part 2- information provided in class).

Bring to Class- swimsuit, mask, fins, snorkel, & booties (available for purchase- see receipt or online for contact information)

12 & up: Thurs 7-10pm; Fri 6-10pm; Sat 7am-5pm;
Sun 7am-2:30pm
Dates: Dec 11-14 421900.1D
Jan 29- Feb 1 121900-1A
Mar 5-8 221900-1A
May 7*- 10 (*Th, 6-9pm) 221900-1B
Location: Centennial Pool, 1201 Alpine St
Fee: \$130 res/ \$162.50 non-res



Beginning Masters Swimming

Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, receive stroke work plus a great workout. This on-going program is recommended for adults who are comfortable swimming 200 yards non-stop.

18 & up: Tues/Thurs, 7:30-8:30pm
Location: Centennial Pool, 1201 Alpine St
Fee: Daily Admission

Longmont Masters Winter Swim Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--------------------|------------|--------------------|------------|--------------|
| 6-7:15am C | 12-1pm LRC | 6-7:15am C | 12-1pm LRC | 6-7:15am C | 6:45am-8am C |
| | 7:30-8:30pm C Beg* | | 7:30-8:30pm C Beg* | | |

C= Centennial Pool- 1201 Alpine St.; LRC= Longmont Recreation Center- 310 Quail Rd.; Beg= Beginning Masters